

# POSTPARTUM HUSBAND

PRACTICAL  
SOLUTIONS  
FOR  
POSTPARTUM  
DEPRESSION

LENN LINDENBERG

# The Postpartum Husband Practical Solutions For Living With Postpartum Depression

**Sandra Poulin**



## **The Postpartum Husband Practical Solutions For Living With Postpartum Depression:**

**The Postpartum Husband** Karen R. Kleiman, 2000 For too many families the postpartum period brings unexpected pain and devastation when depression entered the picture The anticipated joy and pleasure of parenthood is replaced with feelings of fear sadness anger confusion and resentment Research has shown that supportive relationships during postpartum depression treatment is associated with a reduction in depressive symptoms When partners have the right information they will not only gain a better understanding of the illness and its impact they will also feel better themselves Furthermore we know that this understanding and capacity for support is directly related to his wife s sense of well being and control In my first book *This Isn t What I Expected Overcoming Postpartum Depression* Bantam 1994 we included a chapter for husbands which turned out to be an invaluable resource for the partners of women suffering from PPD After receiving feedback from the families I treat I was shown that husbands needed support and information that is distinct from what their wives were seeking *The Postpartum Husband* offers that information with its handy reference style format and addresses specific questions that may arise throughout the course of the illness As the husband feels more in control of the situation and his wife feels understood and cared for symptoms improve and recovery is augmented

**The Postpartum Husband** Karen Kleiman, 2001-03-23 For too many families the postpartum period brings unexpected pain and devastation when depression entered the picture The anticipated joy and pleasure of parenthood is replaced with feelings of fear sadness anger confusion and resentment Research has shown that supportive relationships during postpartum depression treatment is associated with a reduction in depressive symptoms When partners have the right information they will not only gain a better understanding of the illness and its impact they will also feel better themselves Furthermore we know that this understanding and capacity for support is directly related to his wife s sense of well being and control In my first book *This Isn t What I Expected Overcoming Postpartum Depression* Bantam 1994 we included a chapter for husbands which turned out to be an invaluable resource for the partners of women suffering from PPD After receiving feedback from the families I treat I was shown that husbands needed support and information that is distinct from what their wives were seeking *The Postpartum Husband* offers that information with its handy reference style format and addresses specific questions that may arise throughout the course of the illness As the husband feels more in control of the situation and his wife feels understood and cared for symptoms improve and recovery is augmented

*The Postpartum Depression Workbook* Abigail Burd, 2025-06-17 Powerful strategies and compassionate support for overcoming postpartum depression Becoming a parent is a huge transition For some the mood swings the pressures and the anxiety can be intense and overwhelming One in five women will develop postpartum depression PPD after pregnancy so if you re struggling with PPD know you re not alone This depression workbook is designed to help you navigate the transition to becoming the healthy and happy parent you want to be This depression workbook is here to guide you on your journey providing supportive strategies and tools grounded in

cognitive behavioral therapy CBT proven to help you understand cope with and reduce your PPD symptoms Discover common signs of PPD what it is and what you can do about it Explore your thoughts feelings and relationships plus self care practices through a variety of practical and insightful exercises in this depression workbook This depression workbook includes Primer on PPD Discover if you might have PPD take a look at common causes and risk factors and see how PPD can impact your partner Lasting relief The CBT based postpartum strategies in this depression workbook will help you adopt a positive mindset improve your mood deepen your relationships and find time to recharge Parents like you Find kinship in real life scenarios from other parents paired with practical advice simple tips and interactive exercises This depression workbook provides the strategies tools and support you ll need for a healthy and happy transition into parenthood

*Therapy and the Postpartum Woman* Karen Kleiman,2022-09-01 Written by a pioneer and continuing advocate for perinatal health this book remains an enduring reference for any therapist working with pregnant or postpartum women and their families suffering from perinatal mood and anxiety disorders This Classic Edition includes a new preface by Hilary Waller that reflects on changes in the field since the book s first publication Using a blend of professional objectivity evidence based research and personal straight forward suggestions gathered from years of experience this book brings the reader into the private world of therapy with the postpartum woman Based on psychodynamic and cognitive behavioral theories and on D W Winnicott s good enough mother and the holding environment the book is written by a therapist who has specialized in the treatment of postpartum depression for over 30 years Chapters address diagnosis medication depression psychosis suicidal thoughts bonding as well as finding meaning and the power to heal during recovery Bringing further attention to under recognized illnesses which plague mothers and cloud the childbirth experience this Classic Edition serves as an accessible companion tool for clinicians and the women they treat

**When Baby Brings the Blues** Ariel Dalfen,2010-03-08 A leading expert on postpartum depression offers new mothers an insightful medically sound guide to recovery A full 20 percent of new moms will be affected by PPD but the good news is that PPD is very responsive to treatment This guide written by psychiatrist and internationally acclaimed PPD specialist Ariel Dalfen leads women out of the maze of depression offering medical and psychotherapeutic options practical lifestyle changes and an impressive array of resources for further support Complete with a PPD diagnosis questionnaire a treatment plan checklist and a table of medications and side effects this upbeat guide also includes daily affirmations used by Dr Dalfen s own patients when recovering from PPD Dr Ariel Dalfen Toronto ON is a psychiatrist at Mount Sinai Hospital in Toronto and an acclaimed lecturer and medical researcher in the area of post partum depression

**Breastfeeding** Ruth A. Lawrence, MD,Robert M. Lawrence, MD,2015-10-26 The most authoritative trusted guide to breastfeeding for the medical profession Stay informed on every aspect of breastfeeding from basic data on the anatomical physiological biochemical nutritional immunological and psychological aspects of human lactation to the problems of clinical management of breastfeeding Learn from the award winning author and co founder of

the Academy of Breastfeeding Medicine Dr Ruth Lawrence and her son Dr Rob Lawrence Make appropriate drug recommendations including approved medications over the counter medications and herbal remedies Provide thoughtful guidance to the breastfeeding mother according to her circumstances problems and lifestyle from integrated coverage of evidence based data and practical experience Find what you need quickly with a new streamlined approach that moves large tables and key references online Treat conditions associated with breastfeeding and effectively manage the use of medications during lactation thanks to extensive up to date evidence based information

*This Isn't What I Expected [2nd edition]* Karen R. Kleiman, Valerie Davis Raskin, 2013-10-29 Written by two postpartum experts a definitive guide offering compassionate support and solid advice on dealing with every aspect of Postpartum Depression PPD If you or someone you love is among the one in seven women stricken by PPD you know how hard it is to get real help This proven self help program which can be used alone or with a support group or therapist will help you monitor each phase of illness recognize when you need professional help cope with daily life and recover with new strength and confidence Learn how to Identify the symptoms of PPD and distinguish it from baby blues Deal with panic attacks obsessive compulsive urges and stress overload Break the cycle of shame and negative thoughts Mobilize support from your husband or partner family and friends Seek and evaluate treatment options Cope with the disappointment and loss of self esteem

**Good Moms Have Scary Thoughts** Karen Kleiman, 2019-07-19 Over 90 percent of new mothers will have scary intrusive thoughts about their baby and themselves What if I drop him What if I snap and hurt my baby Mothering is so hard I don't know if I really want to do this anymore Gosh I'm so terrible for thinking that Yet for too many mothers those thoughts remain secret hidden away in a place of shame that can quickly grow into anxiety postpartum depression and even self harm But here's the good news you CAN feel better Author Karen Kleiman coauthor of the seminal book *This Isn't What I Expected* and founder of the acclaimed Postpartum Stress Center comes to the aid of new mothers everywhere with a groundbreaking new source of hope compassion and expert help *Good Moms Have Scary Thoughts* is packed with world class guidance simple exercises and nearly 50 stigma busting cartoons from the viral *speakt hesecret* campaign that help new moms validate their feelings share their fears and start feeling better Lighthearted yet serious warm yet not sugary and perfectly portioned for busy moms with full plates *Good Moms Have Scary Thoughts* is the go to resource for moms partners and families everywhere who need help with this difficult period

**The Recovery Mama Guide to Your Eating Disorder Recovery in Pregnancy and Postpartum** Linda Shanti McCabe, 2019-02-21 The upheaval of pregnancy and new motherhood can often trigger the development of or a relapse into an eating disorder This book supports pregnant women and new mothers struggling with changes in food body image sleep spirituality work breastfeeding or not new motherhood identity and postpartum depression or anxiety Combining professional expertise personal experience and pragmatic suggestions it is the ideal guide for women who are trying to balance recovery with new motherhood The author offers recovery tools support strategies and wisdom on how to make time

for self care while navigating the chaos of early parenthood Most importantly this book will help women let go of perfectionistic ideals and embrace being good enough during the massive learning curve of new motherhood From the Hips Rebecca Odes, Ceridwen Morris, 2007-05-22 Drawing on the experiences of hundreds of real parents and the expertise of doctors midwives and other birth and baby pros this indispensable resource is filled with the most accurate and up to date information about having and caring for a baby including Decisions Decisions A judgment free breakdown of every major choice including prenatal testing natural vs medical childbirth circumcision breast or bottle feeding and work life options The Endless No What not to eat take and do when you re pregnant get the real facts behind the prohibitions I Want My Life Back Anxiety regret ambivalence and other rarely discussed postpartum emotions Parents and partners A look beyond the one size fits all approach to family with strategies for minimizing perfect parent pressure and managing your real life relationships through the changes Sorting Through the Voices A user friendly guide to the dueling gurus trendy techniques and conflicting theories that confuse new parents A forward thinking book that includes a wide range of voices and approaches From the Hips reflects the many ways of being pregnant and parenting without suggesting that there is one right way Hello Baby! Everything new mums need to know about life with baby Heather Irvine, 2017-05-15 So much of modern motherhood is targeted at looking good even when you feel crap and making your baby look good even when he or she won t settle or feed or stop crying all in the shortest time possible Hello Baby uncovers all the myths of perfection new mums see on Instagram and provides down to earth no nonsense advice about everything you need to know about your baby s first year With casual style and a hilarious sense of humour Heather Irvine a psychologist and mother who works with new mums every day acts as the friend sitting across from you in a cafe who always understands constantly reassures gives you the best practical pointers and shares her muffin with you Hello Baby is packed full of the latest information on issues that affect modern Australian mums including What a mother needs to know about herself in the first few months How to get your baby sleeping soundly Essential tips to boost your feel good factor De stress techniques like meditation and mindfulness Managing those really dark days Tips for bonding with your baby Coping with mother in laws and post baby friendship fluctuations Getting the zing back into your relationship Returning to work Navigating social media as a new mum **The Pregnancy Workbook** Katayune Kaeni, 2025-06-17 Techniques and strategies to manage anxiety during pregnancy This workbook is full of techniques and coping strategies to ease your anxiety during pregnancy Find peace and calm with exercises based in proven therapeutic methods Explore a variety of questionnaires and worksheets along with examples from people just like you to feel guided and supported through becoming pregnant being pregnant and transitioning into parenthood An evidence based approach Learn healthy coping skills drawn from cognitive behavioral therapy dialectical behavior therapy acceptance and commitment therapy mindfulness and more For any expectant parent This inclusive workbook supports families of any kind incorporating advice for your partner along with plenty of guidance for those without a partner For any experience level Whether you have

a history of anxiety or are experiencing it for the first time during pregnancy you ll begin to identify and understand your unique feelings and worries Diffuse anxiety and find peace with the help of The Pregnancy Workbook      **Perinatal and Postpartum Mood Disorders** Susan Dowd Stone,Alexis E. Menken,2008-05-12 As a psychotherapist and educator of future mental health practitioners I believe this work fills an important gap in reference books for professionals who care for childbearing women Since the volume provides invaluable neurobiological research on depression and anxiety I recommend this work to all health and mental health professionals Illness Crisis and Loss Over the past three years pregnancy related mood disorders have become the focus of health care advocates and legislators alike with subsequent reflection in nationwide media Statistics on the prevalence of perinatal mood disorders suggest that up to 20% of women experience diagnosable pregnancy related mood disorders The growing recognition of these common disorders coupled with an increasing knowledge base about the dire consequences of untreated maternal depression has propelled this issue to the fore of national public health priorities This increasing awareness has also resulted in recent legislative and healthcare initiatives to screen assess and treat such disorders On April 13 2006 Governor Jon S Corzine D NJ signed a law requiring all new mothers to be educated and screened for postpartum depression This law is the first of its kind in the country but many states and federal advocates are proposing similar laws The motivation for states and the federal government to adopt education and screening program is high and may soon be a federal mandate But a major barrier to successful implementation of such programs is the lack of available resources to train healthcare professionals in this specialty This book offers a major resource for healthcare professionals mental health professionals and medical nursing psychology and social work students who will be confronting this problem in their practices The contributions by renowned experts fill a glaring gap in the knowledge professionals need in order to successfully manage maternal mental health      What No One Tells You Alexandra Sacks,Catherine Birndorf,2019-04-23 Your guide to the emotions of pregnancy and early motherhood from two of America s top reproductive psychiatrists When you are pregnant you get plenty of advice about your growing body and developing baby Yet so much about motherhood happens in your head What everyone really wants to know Is this normal Even after months of trying is it normal to panic after finding out you re pregnant Is it normal not to feel love at first sight for your baby Is it normal to fight with your parents and partner Is it normal to feel like a breastfeeding failure Is it normal to be zonked by mommy brain In What No One Tells You two of America s top reproductive psychiatrists reassure you that the answer is yes With thirty years of combined experience counseling new and expectant mothers they provide a psychological and hormonal backstory to the complicated emotions that women experience and show why it s natural for matrescence the birth of a mother to be as stressful and transformative a period as adolescence Here finally is the first ever practical guide to help new mothers feel less guilt and more self esteem less isolation and more kinship less resentment and more intimacy less exhaustion and more pleasure and learn other tips to navigate the ups and downs of this exciting

demanding time     Tokens of Affection Karen Kleiman, Amy Wenzel, 2014-01-10 Postpartum depression is hard on a marriage In their private practices authors Karen Kleiman and Amy Wenzel often find themselves face to face with marriages that are suffocating as if the depression has sucked the life out of a relationship that was only prepared for the anticipated joy of pending childbirth What happens to marriage Why do couples become angry isolated and disconnected Tokens of Affection looks closely at marriages that have withstood the passing storm of depression and are now seeking or in need of direction back to their previous levels of functioning and connectedness The reader is introduced to a model of collaboration that refers to 8 specific features which guide postpartum couples back from depression These features framed as Tokens are based on marital therapy literature and serve as a reminder that these are not just communication skill building techniques they are gift giving gestures on behalf of their relationship A reparative resource Tokens of Affection helps couples find renewed harmony a solid relational ground and reconnection     **The Journey to Parenthood** Diana Lynn Barnes, Leigh Balber, 2023-10-13 This book contains a Foreword by Kathy Hirsh Pasek and Roberta Michnick Golinkoff authors of Einstein Never Used Flash Cards How Our Children Really Learn and Why They Need to Play More and Memorize less New and expectant parents need support and confidence This book is designed to provide that It assists in exploring and analyzing thoughts     **Impossible Parenting** Olivia Scobie, 2020-10-31 A roadmap for parents who want to feel less pressure and more joy during the intense early years of childrearing Why is it that research suggests people who don't have kids are happier than people who do Olivia Scobie provides practical solutions for parents who find themselves pushing beyond their capacity to meet impossible standards and challenges parents to shift their thinking from child centred to family centred By naming today's unrealistic parenting expectations as impossible from the get go Impossible Parenting creates the space to acknowledge harmful expectations for new parents and begins a conversation that focuses on healing and doing the best one can with the resources available     **The Birth of the Modern Mum** Heather Irvine, 2014-06-01 So much of modern motherhood is targeted at looking good even when you feel crap and making your baby look good even though he or she won't settle or feed or stop crying all in the shortest time frame possible The Miranda Kerr and Heidi Klums of the world make it look easy have a baby and get back on the runway 2 minutes later with a flat stomach silky hair and glowing skin What about the mothers who get acne from pregnancy or whose hair turns grey or can't lose their baby belly in 10 seconds flat This book is for them Heather Irvine Clinical Psychologist and head of the R E A D Clinic appropriately balances clinical expertise with common sense mother appeal for mothers struggling in their baby's first year The Birth of the Modern Mum looks at the serious issues such as Postnatal Depression PND relationship changes and physical changes that mothers face in their first year with a new baby while still providing light hearted quick fixes that any mother can implement in short period of time Heather taps into the realistic image of motherhood leaving behind the doldrums of medical professionally written books The Birth of the Modern Mum is a book that any mother can be proud of It can be placed on the coffee table right next to the



Women's Day or Famous magazines without shame should guests drop by Because whilst the book tackles the factors that underlie PND and related cognitive and affective dysfunction no mother wants to have a heavy PND title book sitting around in her lounge room And let's face it once a book is put away on the bookshelf in the life of a busy mum it's unlikely to come out again *Pregnancy Blues* Shaila Kulkarni Misri, M.D., 2005-08-30 It should be a time of joyous anticipation the happiest time in a woman's life But for many women the joys of pregnancy are clouded by feelings of fear sadness and confusion And unlike postpartum depression which is widely portrayed in the media and embraced by the medical community depression during pregnancy has been rarely discussed and often misunderstood until now In this groundbreaking book the first to focus exclusively on depression in pregnancy Dr Shaila Kulkarni Misri a leading reproductive psychiatrist draws on her twenty five years of clinical practice and research to offer hope help and healing as well as a provocative myth shattering examination of a subject that has too long been shrouded in darkness The numbers are surprising up to 70 percent of pregnant women experience some degree of depressive symptoms and of those 12 percent meet the diagnostic criteria for major depression Although it is at least as common as postpartum depression which occurs after a child's birth pregnancy related depression is often cloaked in silence shame and denial *Pregnancy Blues* lifts the veil on this heartbreaking and very treatable illness examining the key social and biological factors that can come together during pregnancy to create a climate in which depression and anxiety thrive as well as offering the many effective treatments that are available Discover How to recognize the signs and symptoms of depression and know when to seek help The role of female hormones why women are more vulnerable to depression than men How depression can hide behind physical complaints such as back stomach or even chest pain The unspoken connection between infertility and depression The antidepressant controversy the facts on specific drugs their safety and when medication is the right choice Breastfeeding and medication the risks and benefits Plus helpful self tests and resources information on alternative treatment options from therapy to acupuncture and much more A work of daring and compassion *Pregnancy Blues* challenges the underlying traditions and beliefs surrounding pregnancy and motherhood and explores how those misconceptions have led to the drastic underdiagnosis and undertreatment of depression during pregnancy A must read for women and those who love them *Pregnancy Blues* is at once an extraordinary roadmap to healing and an eye opening report on a medical issue that no woman can afford to miss **The Mother-to-Mother**

**Postpartum Depression Support Book** Sandra Poulin, 2006-03-07 I thought I was the only one After she gave birth to a bouncing baby girl Sandra Poulin felt like crying And she did for months But they weren't happy tears Sandra felt worthless could hardly sleep and had thoughts of death Like too many mothers around the world Sandra had no idea that this common but baffling condition had a name Postpartum Depression Shouldn't this be the happiest time of my life What kind of mother some might wonder could feel depressed after having been so richly blessed with a baby The answer every kind woman from all walks of life from all over the world younger and older And here in a unique collection are their stories of battles with PPD

with intimate details about the symptoms the struggles and the strategies that helped them emerge victorious Written by mothers for mothers this collection is an uplifting enlightening and perhaps even lifesaving book

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